




SBRC Gym Schedule

August 10-16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am	Open Gym 6:00-8:30	Open Gym	Open Gym 6:00-8:30	Open Gym	Open Gym 6:00-8:30		
6:30am		Bootcamp 6:30-7:30		Bootcamp 6:30-7:30			
7:00am		Complete Conditioning 7:30-8:30		Complete Conditioning 7:30-8:30			
7:30am							
8:00am							
8:30am	Nuggets Basketball Summer Camp 8:30-11:30	Nuggets Basketball Summer Camp 8:30-11:30	Nuggets Basketball Summer Camp 8:30-11:30	Nuggets Basketball Summer Camp 8:30-11:30	Nuggets Basketball Summer Camp 8:30-11:30	Open Gym	Drop-in Adult Basketball 8:00-11:00
9:00am						Drop-in Total Body Fitness 8:30-9:30	
9:30am						Drop-in Volleyball 9:30-12:00	
10:00am							
10:30am							
11:00am	Open Gym	Drop-in Adult Basketball 11:30-1:30	Open Gym	Drop-in Adult Basketball 11:30-1:30	Open Gym	Open Gym 11:00-2:00	
11:30am	Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		Drop-in Sprts Conditioning 12:00-1:00		
12:00pm	Open Gym		Open Gym		Open Gym		
12:30pm	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym	Open Gym
1:00pm	Nuggets Basketball Summer Camp 1:30-4:30	Nuggets Basketball Summer Camp 1:30-4:30	Nuggets Basketball Summer Camp 1:30-4:30	Nuggets Basketball Summer Camp 1:30-4:30	Nuggets Basketball Summer Camp 1:30-4:30		
1:30pm							
2:00pm							
2:30pm							
3:00pm							
3:30pm	Open Gym 4:30-6:00	Open Gym 4:30-8:30	Open Gym 4:30-6:00	Open Gym 4:30-8:30	Open Gym 5:00-6:45		
4:00pm							
4:30pm							
5:00pm							
5:30pm							
6:00pm	Drop-in Pickleball 6:00-8:15	Open Gym 4:30-8:30	Drop-in Pickleball 6:00-8:15	Open Gym 4:30-8:30			
6:30pm							
7:00pm							
7:30pm							
8:00pm							
8:30pm							
9:00pm							
9:30pm							





GYM SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME

For more information call 303-441-3448 or go to <http://www.boulderparks-rec.org>